

MIRACULOUS  
MYCOLOGY

Exploring the many ways  
fungi impact our world

by Patrick Maravelias

Photo by Patrick Maravelias

A group of Sulfur Tufts at Prairie Creek Redwoods State Park on Nov. 29, 2020.

As climate change begins to rear its head around the world in the form of wildfires, drought, and melting polar ice caps, the world is scrambling for solutions based on new technology and legislative changes. Some answers to human survival, however, may be found in ancient technology found deep underground.

Most people think of mushrooms as the slimy little brown or white mushrooms found on pizza or in the produce section at Safeway. But there are hundreds of thousands of fungi species on Earth, many of which remain undiscovered, unidentified, or unresearched.

Mushrooms like reishi and turkey tail, the latter of which can be found growing wild all around the dead trees

of Humboldt County, have both been studied as potential cancer treatments, and lion’s mane mushrooms are being studied for the prevention of mental health problems like dementia and Alzheimer’s, according to Stamets.

Mushrooms also have many uses outside of the human body. Levon Durr is a Humboldt County local and owner of Fungaia Farm, a Humboldt-based company that teaches courses on mushroom cultivation in addition to cultivating their own. Another service offered by Fungaia Farm is something called mycoremediation, a process in which fungi are used to clean up carbon-based pollutants in soil and other mediums.

“Cleaning up the messes we’ve

made, we know fungi are some of the most phenomenal remediators of contaminated sites in the world and we’re still just scratching the surface of what they’re capable of,” Durr said.

This kind of method could potentially be scaled to use in mass pollution cleanup.

Many Humboldt locals tend to think of their community as clean and green, but many of our waterways are polluted, according to Durr. Little River, for instance, which feeds into Moonstone Beach, has often topped the charts for the number one most polluted river in California in terms of E. Coli levels, a harmful bacteria found in human waste. Durr strongly advised not to swim in Moonstone Beach during or

after big storms.

“Fungi just offer this amazing, beautiful ecological way to deal with this without having to close the farm down or set up a massive treatment system for the water,” Durr said.” We can just use biology, mycelium and wood chips, to filter these contaminants out before they get into the culverts, the ditches, the streams, the river, the ocean, the bay.”

SEE MUSHROOMS • PAGE 5

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California’s gubernatorial recall election

HSU enrollment in decline

Information on the recall’s beginnings, what it means, and some of the leading candidates

by Nancy Garcia

There have been many attempts to recall governors in the past, but the recall election to get Gavin Newsom out of office is only the second time in California’s history that a recall has made it onto the ballot. The only successful recall attempt of a California governor was in 2003 when Governor Gray Davis was voted out of the office and replaced with Arnold Schwarzenegger.

There have been five failed attempts to collect enough signatures to recall Newsom. This latest attempt was led by Republican Orrin Heatlie, a retired sheriff’s deputy.

HSU professor Erin Kelly, who teaches a class on American institutions, expressed that pro-recallers are criticizing Newsom for his detachment from the suffering of Californians during COVID-19.

“This recall is happening in an extremely partisan atmosphere, with California Republicans (who are in the minority) overwhelmingly in favor of the recall, while Democrats oppose it,” Kelly said. “This is an expression of discontent from a party that has been largely powerless at the state level for some time.”

Kelly mentioned how that he’s also faced criticism because of unemployment benefits that went to incarcerated people, tax rates, gun and ammunition restrictions, and continued restrictions related to COVID-19.

The Recall Gavin Newsom website, created by Heatlie and others, also lists unemployment, homelessness, and policies relating to immigrants as reasons why Newsom should be recalled.

In order to get a recall on the ballot, a petition must have signatures from 12% of voters from the previous election for governor and from voters in at least five different counties. July 1, California’s Secretary of State, Shirley Weber, certified that these requirements were met and the election was set for Sep. 14.

Voters will be asked if they want to recall Newsom and who should replace him. If more than 50% of voters responded “yes”, the candidate with the most votes from question two will replace Newsom. Unlike in a regular California election, a majority of the votes is not required for a recall election candidate to win.

Fourth-year political science major, Eddie Rivera had something to say about the matter.

“This is troublesome in any democracy because hypothetically someone with 20% of the state’s support could become governor,” Rivera said. “This really does seem to be a cheap power grab by the California Republican Party.”

There are 46 candidates running against Newsom in the recall: nine Democrats, 24 Republicans, two with the Green Party, one Libertarian, and 10 with no party preference. The front-runner on the Republican side is Larry Elder, who tossed his hat in the ring in July after challenging a requirement that candidates must disclose tax returns from the past five years.

Although he isn’t officially endorsed by the state GOP, Elder continues to lead in the polls, according to Fivethirtyeight. Elder, 69, is a radio talk host who has described himself as ‘fiscally conservative and socially moderate.’

Among other initiatives, Elder said that if elected he will suspend mask and vaccine mandates right away, calling them an ‘assault on freedom.’

The leading Democrat candidate is YouTuber Kevin Paffrath, 29, If elected, Paffrath explained how he will fo-

cus on policies regarding income tax, homelessness, and education. Regardless of the recall result, Paffrath said he will run again in 2022.

Journalism freshman Gerardo Hernandez, a registered Democrat, is in favor of the recall. Hernandez believes that issues regarding homelessness, unemployment, education, and income loss have gone unresolved under Newsom.

“I believe that our governor is an incompetent leader that has not made significant changes to benefit our state and I think now is the perfect opportunity to get rid of him and have new leadership,” Hernandez said.

Hernandez plans to vote for 36-year-old Republican Assembly Member Kevin Kiley, who has authored bills on free speech on college campuses, school choice, and protections for victims of sexual abuse.

Kelly said that even if the leading candidate, Elder, was voted in, he’d face Democratic supermajorities in the legislature so he wouldn’t be able to get much done without using executive orders and emergency powers. Whoever the winning candidate is, they’d only serve for a year before they’d have to run again in the 2022 election. The Democratic Party is urging voters to vote against the recall and leave question two on the ballot, who should replace Newsom, blank.

Kelly encourages everyone to vote, especially young people.

“This is your state, this is your future, and it is an easy thing to do,” Kelly said.

““This is your state, this is your future, and it is an easy thing to do.”

-Erin Kelly, professor

Polytechnic plans propel need for more housing

Final draft of university prospectus outlines specific allocation of state funds

by Poppy Cartledge

On Sept. 1, HSU announced that President Tom Jackson submitted the final draft of the prospectus to Chancellor Castro that resulted from the self-study that the university went through in Spring 2021 for the possibility of becoming a polytechnic institution.

Governor Newsom signed a budget in July authorizing Humboldt State with \$433 million of one-time funding and \$25 million in ongoing funding. Since then, many within the university’s community have questioned where exactly this money will be allocated.

University provost Jenn Capps and Deputy Chief of Staff Lisa Bond-Maupin held a Polytechnic Self Study session on Aug. 26 where they answered questions about the large grant of money given to HSU.

“This [Polytechnic Prospectus] is, again, a living document and can be updated and changed as we go and as we go into planning,” Bond-Maupin said.

They said that it is important to make sure that the allocated money is used for the best and most optimal purposes, but also fits into what HSU is about. Bond-Maupin also said that many of the community’s concerns point to some of the challenges that they are facing with the

prospectus, but some are a matter of perception. They said that one concern that is part of this reality is the accessibility of housing for students, as well as faculty and staff.

“That is one of the things that keeps me up at night, how to create a space for faculty and staff to live and work, as well as our students,” Capps said.

They pointed out that the lack of housing for the campus community was one concern that really hit home for the Chancellor and the Governor. Capps said that the reason for the gigantic \$433 million was to primarily support and

fast-track accessible housing for students.

In the prospectus, one of the challenges that the university presented is that of the local community not being able to grow at a pace to support the institution’s aspirations and growth.

Grant Scott-Goforth, HSU’s communications specialist, said that President Tom Jackson and the surrounding community are consistently working together to envision the progression that will have to come as the university seeks a polytechnic designation.

“The university leadership and



city leadership teams meet frequently and this is part of an ongoing dialogue,” Scott-Goforth said. “Both groups know the importance of providing safe and accessible housing options both on and off campus.”

The 143 page prospectus that was made available to the public shows that housing is in the early planning stages. The document said that, with the infusion of the money given from the state, HSU can expect to see a 50% increase in enrollment within the next three years and a 100% increase within seven years.

During the session when asked about housing, Bond-Maupin ensured that President Tom Jackson is putting accessible housing on the forefront of his agenda within the next several years.

“Working with President Jackson, I can say that this [accessible housing] is his number one concern apart from all the other things that he cares about,” Bond-Maupin said.



# The best restaurants in Arcata under \$10

*Skip the fast food and check out one of these local gems if you want high-quality food for cheap*

by Liam Gwynn

Japhy’s Soup and Noodles located on 1563 G Street right outside of campus, has a cozy atmosphere and open indoor dining. They have a tasty selection of soup and noodles prepared with locally sourced ingredients. Boasting a fairly priced menu with several options available for vegetarians, Japhy’s is an excellent option for any college student looking for a healthy meal. Their Thai-style curry in particular is as delicious as it is affordable, priced at an affordable \$5.75 for a cup or \$8.75 for a bowl.

Roman’s Kitchen is a food truck located only a few hun-

dred yards off-campus on 1301 D Street. Anyone looking for a hearty American meal will be satisfied with the excellent hamburgers and sandwiches served here. Roman’s greatest strength is its robust selection of different types of

burgers and sandwiches. With seventeen different burgers and 18 different sandwiches, there is always something new to try. The guacamole burger, priced at \$9.60, is a standout for anyone with an avocado craving. They also have a fantastic fried mushroom plate for the same price of \$9.60. If you’re willing to wait outside for 15 minutes or so, Roman’s is a great option located conveniently close to campus.

Sushi Spot is on 670 9th St. right outside of the Arcata Plaza. Both indoor seating and takeout are currently available. They have a wide selection of affordable sushi and a myriad of other Japanese dishes. Sushi Spot distinguishes itself from many other sushi restaurants by having a sizable vegetarian sushi selection, all of which is priced under \$10. One of their most unique items is the Sushi Monsters collection which is all deep-fried sushi plates. The crunchy salmon roll has avocado, cream cheese, and salmon with a chili garlic sauce, and comes out to a reasonable \$8.95.

Don’s Donuts and Pizza is located in the Arcata Plaza. Unsurprisingly, they are best known for their pizza and donuts. However, they have fantastic and affordable lesser-known meal options. Their pizza bagel is only \$4.99 and it is a perfect lunch option. It comes with pizza sauce, cheese, and oregano, and you can choose one extra topping or add a dollar for two toppings. They also have personalized sandwiches for \$6.50.

Tacos La Bonita is a taco truck on 1499 Spear Avenue. Featuring some of the best Mexican food in town, La Bonita’s has the most options under \$10 on this list. In fact, everything on the menu costs less than \$10. You can get a burrito for \$6.99, a chimichanga for \$8.99, or one of their tacos for just \$2.50. The chavindeca is especially delicious and comes in at only \$5.99. Despite the affordable pricing, the quality of the food is on par with more expensive Mexican restaurants in town and tastes considerably better than Taco Bell ever will.

Eating out can be really expensive and for some new students, it can be tempting to seek out the more familiar fast-food restaurants. Despite Arcata’s small size, it hosts restaurants with food from all over the world. Skip out on fast food and try something new for a more nutritious and filling dining experience.



Pizza Bagel from Don’s Donuts and Pizza, taken by Lian Gwynn on Sept 3.

## Welcome back with Oh Snap!

*Learn about OH SNAP! and oppurtunties for new students*

by Cheyenne Wise

It wasn’t until my third year at HSU that I discovered Oh SNAP! and I wasn’t alone in being so unaware. Oh SNAP! Is a food program on campus for students, by students. Their mission: “to increase access to nutritious and culturally appropriate food for all Humboldt State University (HSU) students by engaging in campus and community partnerships and by raising awareness of food insecurity among our peers.”

In 2016 Oh SNAP! conducted a study of HSU students showing that 53% of students suffered from low or very low food insecurity, while 59% of students make their meals smaller to prolong their food supply or altogether skip meals. Without proper food, people have increased stress levels, lose sleep, suffer a loss in productivity at work and school, and their mental and physical health suffers.

Food insecurity is a major public health problem in today’s society and Oh SNAP! is here to help. They provide basic necessities and connect people with resources like CalFresh and other outreach programs and events. Oh SNAP! also provides an on-campus food pantry with free fresh fruits and vegetables during the fall for all HSU students.

There are many ways to join Oh SNAP! through working, volunteering, internships, and even clubs. September 14th is Oh SNAP!’s first cooking class of 2021 with Roger Wang, Associate Dean of Students on how to make mac & cheese. There are many videos of past cooking classes available on their website for free. Make sure to check out the Oh SNAP! calendar for pantry open times and when fun events like cooking classes are.


Oh SNAP! is in the process of moving from the JGC back to the Recreation and Wellness Center and will be releasing their full fall schedule soon. All distribution will be held outside their location.

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# Slug, spice and every-thing nice

by Elise Fero

Oh autumn, what a time to be alive! Pumpkin spice lattes, cozy sweaters, fuzzy socks, apple picking, and... slimy yellow invertebrates?

Banana slugs are a large part of autumn, almost as much as black cats and pumpkins! The more moist and cool the weather, the more abundant the slugs. It's the perfect time for the little fellas before they hide underground during the winter.

This is also the time the slugs are laying eggs, which will later hatch in spring. Oh yes, the birds and the bees of slugs. It goes like this: When two slugs love each other... But there doesn't need to be two, as banana slugs can also mate with themselves due to having both male and female reproductive organs.

Anyway, with all of the slugs around again, watch the ground as you walk to not ruin a slug's day. They can't move out of the way as fast as you can, and squashed slug isn't on the dinner menu tonight.

If you spot one, make sure not to kiss it. I know, I know, a weird sentence right? But seriously it's not good luck or anything, and it could just hurt you or the slug. Go get a hot cocoa instead, it's better for your mouth.

While you sit inside reading a book under a knitted blanket and drinking tea while it rains outside, the slugs are having a party. If you want to see them, this is your best time to go out. They love the damp forest floor, just as you would if you were a gastropod and made primarily of water.

Next time you're out enjoying the crisp autumn air, remember our little yellow friends. Oh autumn, what a time to be alive!

## MUSHROOMS

FROM PAGE 1

Durr cited a thesis paper submitted by a Humboldt State student, Riley Allen, on the subject of the large-scale application of using mushroom mycelium to filter out pollutants in our local waterways, which often become inundated with fertilizers and chemicals from illegal cannabis farms. The conclusion of that thesis paper has been reproduced verbatim below.

“Mycofiltration is a potential solution for environmental degradation as a site-specific remediative biotechnology that is plausible for implementation in Arcata, CA. The parameters identified above were used as criteria for location selection, and resulted in three sites that are of particular concern based on current land use, proximity to local waterways, within a five mile radius of the Arcata city boundary, and slope. These are Beith Creek (Bayside Park), McDaniel Slough (Cypress Grove’s detention basin), and Liscom Slough (along Jackson Ranch Rd).”

Mushrooms may also have utility in wildfire prevention. Fungal mycelium is capable of storing large amounts of water, and the presence of large mycelial colonies is often used as an indicator for the health of a forest. In other words, the more mycelium living underground, the better chance a forest has of resisting a large-scale wildfire.

“You have this massive web-like mycelial structure in the ground that’s full of water, right, that’s like 90 per-



A group of yellow amanitas, a toxic mushroom, at Prairie Creek Redwoods State Park on Nov. 21,

cent water,” Durr said. “Specifically with fire, the longer the fuel loads lay on the ground we know it’s a higher fire risk to have those fuel loads. So lots of great research is looking into the fungi’s ability to break down and decompose the forest debris faster and then how we as humans can speed that process up.”

Despite all the potential fungi have for bettering the Earth, very little funding is given to mycology departments at most colleges, according to Durr, and very minimal research is done when compared to the magnitude of fungal species that have yet to be formally, or even informally re-

searched.

“Look at the major universities in California and try to find a mycology program that’s funded as much as the forestry program or the fisheries program or the oceanography program,” Durr said.


“We know that major leaps and bounds have been made through the research of fungi. Just to name a few: Penicillin, beer, cheese, bread. We’ve just scratched the surface. Not to mention the remediation effects, not to mention the medicinal effects, not to mention the research going into psilocybe for therapy.”



Sulfur tufts, a toxic mushroom.

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# Treading Humboldt’s outdoor spots

*Outdoor sports enthusiasts urge students to be mindful while sending*

by Morgan Hancock

One of the greatest aspects of Humboldt is access to public lands, something that any student can appreciate. There are many ways to enjoy the outdoors in Humboldt by taking a mindful moment between classes in the Community Forest, enjoying a day off at the beach, or hiking one of the many trails that adorn the Lost Coast. Humboldt offers great coastal climbs, bike trails through redwoods, hikes with views, and more. As students return to Humboldt, or even experience it for the first time, it is important to be courteous to public lands.

Humboldt County was established on Wiyot land, a Native American tribe. Tribes and Nations in Humboldt County include Hupa, Karuk, Mattole, Tolowa, Wailaki, Wiyot, and Yurok. It is important to acknowledge this and to act on that acknowledgement with intention and respect as we appreciate the outdoors.

Taylor Kibrick, a senior attending HSU majoring in ecological restoration, discovered Humboldt’s beauty throughout the pandemic. He frequented Humboldt beaches to climb and hiked the dunes. He found his people outside through activities like hiking and climbing. He does his best to leave no trace and packs out anything he packed in, but he still runs into discourteous outdoors-goers.

“The most at Moonstone. I’ve seen people hogging the wall, chucking ropes down from the top of the wall without calling out first. It’s stuff that seems small but can be annoying in such a communal space,” Kibrick said.

As an ecological restoration major, Kibrick looks at interactions between people and the environment with a trained eye, noting how erosion or just plain litter impacts an ecosystem.

“Hiking has become more and more popular, natural areas are seeing more social trails as a result of increased foot traffic, causing habitat degradation and intense erosion. If we still want natu-

ral areas to recreate in, it’s our responsibility and in our own benefit to care for our natural parks by respecting the land and following established trails,” Kibrick said.

It is easy to think that individual impact will not amount to much, but it all adds up.

Try and stay on trail to prevent trails from being ruined and disruption of local ecosystems. According to Leave No Trace, a non-profit dedicated to conserving the outdoors, there are seven principles to help minimize impact as outdoor goers enjoy nature:

**1. Plan ahead.** Planning ahead helps understanding impact to prevent damage to any resources. It is also important to ensure the safety of everyone on the trip. For some, that means to be aware of what areas are culturally significant. Climbers in Humboldt need to be aware of what spots are okay to climb and which are not. For example, a few rocks near the mouth of the Klamath look like a great spot to send, but are culturally significant and should not be climbed.

**2. Travel and camp on durable surfaces.** Stay on trail. Humboldt trails see a lot of foot traffic and that has an impact over time. The best way to minimize erosion and keep trails enjoyable for all is to stay on them. Going off trail can lead to ecosystem degradation and poorly impact waterways.

**3. Dispose of Waste properly.** This one is easily summarized as pack it in, pack it out. Leave nothing behind and take all trash. This also means to properly dispose of human waste, to prevent water contamination or the unfortunate case of letting it ruin someone else’s hike. Either dig a six inch deep hole at least 100ft away from any water source or pack it out.

**4. Leave what you find.** Keep the ecosystem intact, take only pictures,

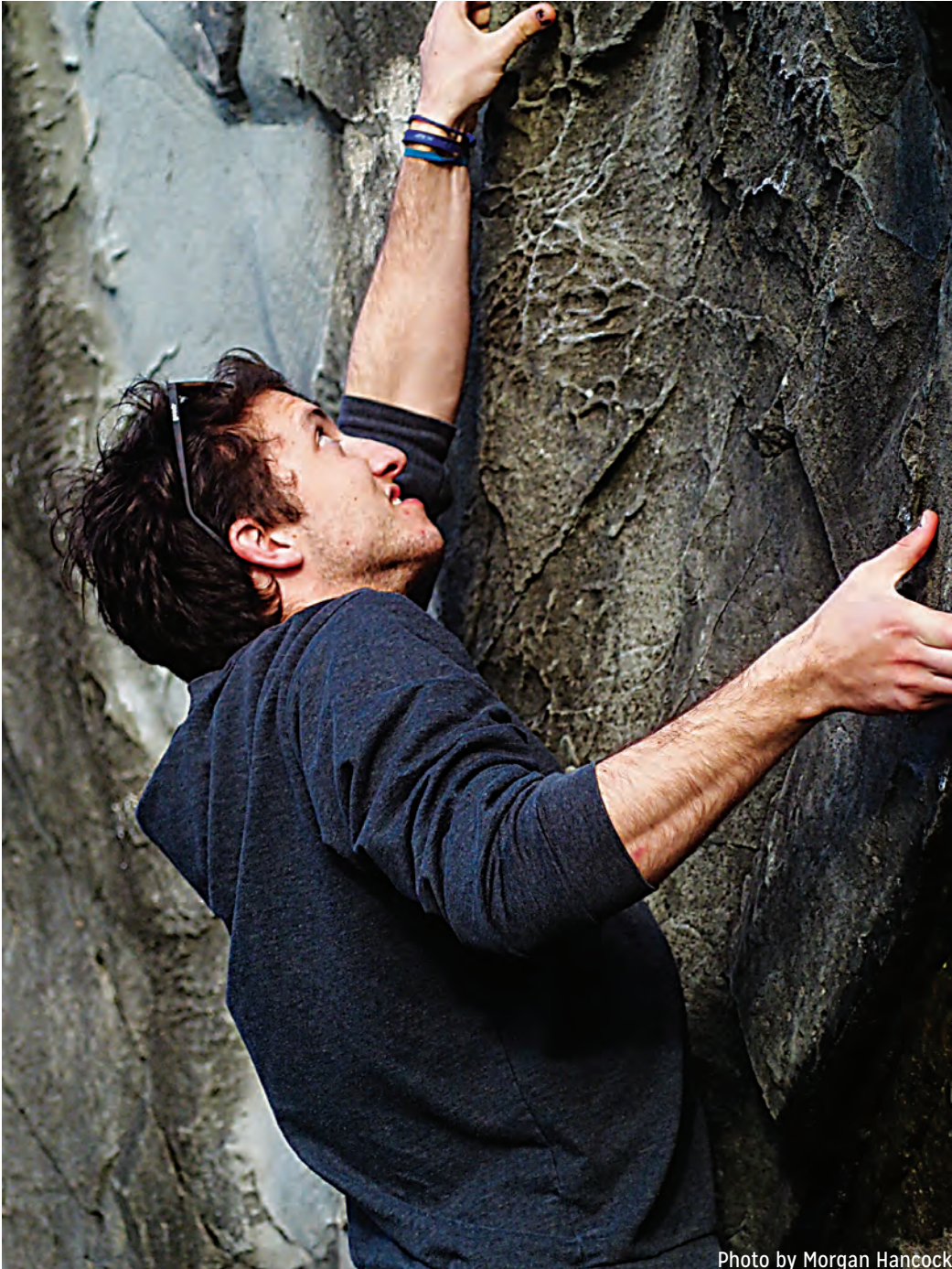


Photo by Morgan Hancock  
Senior environmental science and management major Taylor Kibrick boulders at Moonstone Beach during a group climb on May 15.

and leave only footprints. Humboldt has lots of great finds, but leave them for others to enjoy.

**5. Respect wildlife.** It’s for the safety of yourself and wildlife. This also extends to feeding animals, which can cause an unhealthy dependency on humans that could put the animal in further danger. If you see an animal give it some space. If you think it needs help, reach out to the Humboldt Wildlife Care Center. Lastly, keep pets leashed to prevent any unfortunate animal encounters.

**6. Minimize campfire impacts.** Most wildfires are caused by people and with dozens of fires already active in California, it is important to reduce impact. Campfires should be completely extinguished before moving on. Avoid parking cars in dry grass. Pay attention to local fire regulations and be informed.

**7. Be considerate of others.** Try not to create negative impacts for others’ experiences. Public Lands are important places of access for everyone.

## Lumberjack sports update

*Soccerteams bring home three wins and a tie over the weekend*

by Patrick Maravelias

Men and women’s soccer began their season last week with two home games for the women’s team and two away games for the men’s team.

The women’s team tied their first match Friday 0-0 against Dominican University. The game went into double overtime but neither team took home a W. Sunday, however, the women’s team won against the University of Hawaii 2-1.

Senior center back Claire Bareilles believed this weekend’s matches will help the women’s squad going forward.

“I’m super proud of the perfor-

mance today,” Bareilles said. “We definitely had a few slow starts in the season with our exhibition games, but we really turned around last game and we carried that momentum through this game.”

Senior forward Kendall Spencer also said she feels the makeup of this year’s squad prepares them for more success later this season.

“I feel like we have a really strong team,” Spencer said. “We have a lot of energy. We’re young, which is good, because they [the younger players] bring a lot of energy for us older players. I think it’s just a really good step forward for us.”

The men’s team played two matches in Salt Lake City, Utah to kick off their season. The men’s team beat Westminster College for their season opener Thursday and took home another victory Friday against Northwest Nazarene University whom they beat 4-0.

Men’s soccer will play two matches in Hayward, California



Photo by Morgan Hancock  
Women’s soccer player Josie Wolitzky kicks the ball during a match against visiting Dominican University at College Creek Field on Friday, Sept. 3.

this coming Friday and Sunday while the women’s team will be traveling to Monmouth, Oregon to

play against Central Washington University on Friday and Western Oregon University Sunday.

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# I hate cows

## *Rantings of a Spiteful Vegetarian*

by Morgan Hancock

Students learning in the face of a climate crisis are posed with the awkward situation of being informed of impending doom and possibly feeling helpless to do anything about it. It is not uncommon to feel climate anxiety. So often it can feel like too little is being done too late. With UN Climate reports literally calling out red alerts it's hard not to direct your anxiety somewhere. Personally? I've been fostering a growing hatred for cows.

The beef and dairy industries have a reputation for high carbon output and environmental degradation. With a convenience based society that thrives on overconsumption it is easy to see how. When you begin to look at cattle as a reminder of greenhouse gas emissions you might start to feel resentful. I mean sure, they are cute, but at what cost?

To a spiteful vegetarian it can be frustrating to see the accessibility of beef and the inaccessibility of more eco-friendly diets. Picking up a menu and looking for a veggie-friendly meal is like a dismal game of Where's Waldo.

Many Americans don't have access to produce due to food deserts, areas of intersection between low accessibility and low income. For many that live in food deserts, beef is the easiest and most affordable meal. Long term health issues and inefficient proteins are easy to obtain in Anytown, USA.

Cattle emit a whopping 99.48kg of carbon dioxide per kilogram of food product. Which is 60 kg of carbon dioxide more than other veggie and meat alternatives.

To put it frankly, it's cows that are pushing us over the edge, a cow tipping point if you will. Their greenhouse gas hoofprint does not just account for methane production. It also involves the grain produced to feed cattle, processing, and transportation of beef products. Cattle also require a great deal of land. I can't think of a road trip I have been on without seeing cows, cow fields, and feedlots.

I do not hate cows or have an actual vendetta against them, I am just a young person grappling with a climate crisis that creates an uncertain future. It is easy to feel helpless in the face of the climate crisis. Individual action will not solve the climate crisis, but it helps me cope.

Cutting meat out of my diet and having a vendetta against cows themselves makes me feel a little better about the situation. I do not even wish to see an end to beef and dairy industries, I understand that my diet is not for everyone. All I wish for is more ethical and conscious consumption.

Fortunately, there is a silver lining. Here in Humboldt we have access to local beef farms, with sustainably



Cows graze in the Arcata Bottoms on May 24, 2020.

Photos by Elliott Portillo

sourced and ethically raised cattle. Solutions like changing livestock diets to reduce emissions within livestock lives can also help.

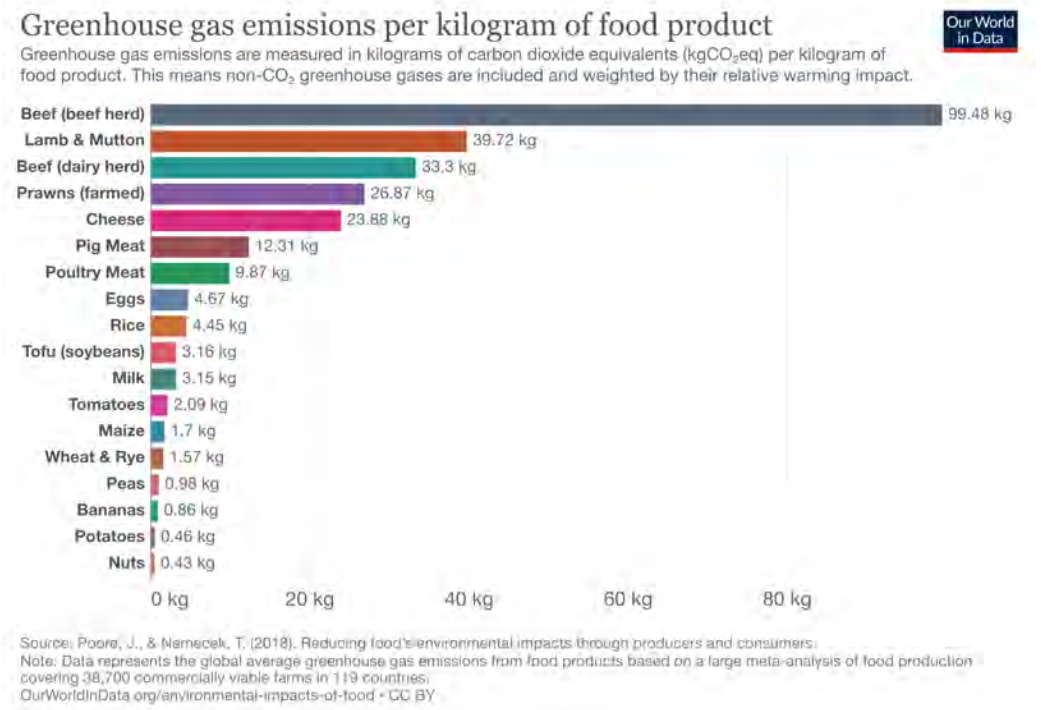
Yes, this means fewer cow farts and less methane emissions. According to a report from the Intergovernmental Panel on Climate Change, reducing meat consumption in any capacity, will help to reduce negative environmental impacts overall.

“Decreasing meat consumption, primarily of ruminants, and reducing wastes further reduces water use, soil degradation, pressure on forests and land used for feed potentially freeing up land for mitigation. Additionally, consumption of locally produced food, shortening the supply chain, can in some cases minimise food loss, contribute to food security and reduce GHG emissions associated with energy consumption and food loss.” (IPCC, 2019)

There is still hope and fewer reasons to hate cows, especially here in Humboldt. Holding our systems accountable and consuming mindfully can help us mitigate our climate crisis.

It is time we reevaluate our beef consumption and sources. If we are to make it through the climate crisis we need to become more aware and hold our system accountable.

I hope that maybe you hate cows a little more after reading this, just enough to go meatless for at least one day a week, or to check out our local farmers' market on Saturday and pick up some better beef.



Graphic courtesy of Hannah Ritchie and Max Roser (2020) at OurWorldInData.org

# Uncomfortable Conversations

by Cheyenne Wise

White people are scared to talk about whiteness. Trying to have conversations with my family members about race is like pulling teeth. If confronted, they either get mad or do/say something racist and refuse to acknowledge what they just did. I am white and I used to say things like “I don't see race I see people,” which, looking back, is a load of bullshit because I didn't know how to talk about my whiteness and race.

It's incredibly invalidating to people's experiences and lives to say “I don't see race.” Saying that means you

don't see their culture, you don't see the pattern of violence People of Color (POC) are confronted with every day, and you're not seeing the racial injustice that happens every day.

I grew up not having to acknowledge or even know that the white experience is completely different and unequal to those that aren't white. When I started forming my own opinions and seeing things without input from my family and community, I realized that my version of feminism was really white feminism. It didn't specifically include nonwhite people. Sure I could see the injustice against women, but I was practically blind to racial injustice.

Having racial anxiety isn't the same for POC and whites. POC experiencing racial anxiety is from discrimination

hostility and hate crimes, while for white people it is from the possibility of being seen as racist. It's not an excuse to not have a conversation about race. If you say something racist, listen to the people telling you so. Own up to it. Don't use your own ignorance as a weapon powered by centuries of institutional power.

Being uncomfortable isn't an excuse either, it's something white people need to face. When white people say “Ugh, I hate white people,” it's them trying to separate their experiences from other white people's experiences like they are two separate things. However, they are the same. Those saying “I hate white people,” while being white are almost more damaging, because they are using their white privilege to deny it.

Not talking about race is screaming your answer of where you stand and what you choose is to be ignorant. Silence is an answer and it's not a good one. Fellow white people, please have conversations about race. Feel uncomfortable, be criticized, and stop saying you're sorry. That doesn't move the conversation past your own feelings and misplaced guilt, it just stops the conversation from having an actual meaning that matters.

It is not the job of POC to educate whites or to talk about race. White people - myself included - need to take initiative to do better, to admit fault where there is a fault, to start a conversation about race, and to be a vocal ally through your actions without speaking over the people we claim to support.





Photo by Santiago Menjivar | Taken during SAC movie night on Sept. 3.

# HSU’s new Student Activities Center

## University makes best of underutilized space

by Poppy Cartledge

The old University Center at HSU has been transformed into a three-story Student Activities Center where students are able to relax, study and enjoy each others company. There are a number of amenities that students can enjoy, from new food places such as Bigfoot Burgers and a variety of spaces to congregate to play board or video games with friends.

Jason Meriwether, Vice President of Enrollment Management, said that almost everything that students envisioned last semester for the new center was implemented.

“The student activities center is built from feedback from our students and fulfills our vision for an improved student experience at HSU,” Meriwether said.

They said that the SAC is also designed to be a more centralized space for all student needs.

In addition to the large spaces dedicated to study and leisure, the first floor also contains a Student Life and Event Services desk where students can go to find out anything about student life on campus. From purchasing tickets for events to finding out information about campus clubs, in addition to a number of other services.

Wendy Sotomayor, SAC director, said that students are really going to benefit from this more coordinated and improved service.

“With the merging of the Student Life and Student Activities Center areas, we now have a one stop shop for student focused services,” Sotomayor said.

They also said that everything in the center, apart from locker rental, is free for all students. Sotomayor also said that all the furniture in the center is refurbished from across campus. The only additions are the arcade games, video games and board games that were added to the space for students’ entertainment.

Sotomayor encourages students who visit the SAC to provide their feedback because the center is going to continue to adapt to the needs of the campus community.

“We’ve started here and we’ll be asking: What would you like to see next?” Sotomayor said.



Photo by Becca Laurenson | Taken on Sept. 1 at one of the new eateries in The Depot.



Photo by Becca Laurenson | Taken during tour of SAC movie night on Sept. 1.



Photo by Santiago Menjivar | Taken during SAC movie night on Sept. 3.



Photo by Becca Laurenson | Student studies in a quiet corner of the SAC on Sept. 1.

